

Senior Center Without Walls Monthly Newsletter



Celebrating September

**International Square
Dancing Month**

Library Sign-Up Month

Ice Cream Shake Month

College Colors Day
September 1

Opposite Day
September 9

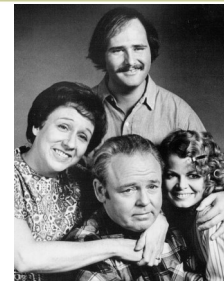
Assisted Living Week
September 10–16

**International Country
Music Day**
September 17

Love Note Day
September 26

Good Neighbor Day
September 28

Television's Fall Feast



It's September, and that means it's time to ring in another new season of television. Why does the television season begin in September? This harkens back to the days of radio, when new radio shows would begin their runs in September, continue through the winter into the spring, and then take the summer off when most people spend time outside away from their radios and televisions. September is also an important time for television networks because the Nielsen Company begins its measurement of television audiences and ratings. The better the ratings for a television show, the easier it is for a network to sell advertising. So September marks a frantic time for television makers, raters, and advertisers, not to mention fans awaiting the return of their favorite shows like NBC's *This Is Us* and the premieres of new ones such as CBS's *Young Sheldon*, a spin-off of the wildly successful comedy hit *The Big Bang Theory*.

Great classics like *Cheers*, *M*A*S*H*, *All in the Family*, *The West Wing*, and *Seinfeld* adhered strictly to the September schedule. However, cable now competes with network TV for dominance. Cable channels HBO, Showtime, and Starz all draw Hollywood talent for their small-screen gems, such as *The Young Pope*, *American Gods*, and *Game of Thrones*. And cable shows do not have to air in September. They can premiere new shows whenever they want.

Even more disruptive of television is streaming video. Netflix, Hulu, and Amazon Prime all offer shows that can be accessed only by paying for their particular service. The advantage is that you no longer have to pay for cable to watch popular shows like *House of Cards*, *The Handmaid's Tale*, and *Mr. Robot*. Viewers can watch them whenever they like directly from a computer, smartphone, or Internet-connected television. September may offer a bonanza of new network television, but there are countless ways to watch new shows all year long.

This publication is a resource produced and distributed by the Frederick County Department of Aging.

For additional information about this or other programs and services,

visit the website at www.FrederickCountyMD.gov/Aging or contact the FCDoA at 1440 Taney Avenue, Frederick, MD 21702, phone 301.600.1605, or email DeptOfAging@FrederickCountyMD.gov.



Tiny Tee Time

No one is exactly sure why Garnet Carter invented the first miniature golf course in the 1920s, but thank goodness he did or we wouldn't be able to celebrate Mini Golf Day on September 21. Carter owned a hotel outside of Chattanooga, Tennessee, called the Fairytale Inn, which strove to create an atmosphere as magical as its name. Carter's tiny golf course, complete with hollowed-out tree trunks and gnomes, became an instant hit with visitors. Ask Carter's wife, Frieda, why he invented the mini golf course, and her reply is that it was to distract and occupy the "golfers' widows," the women left behind by husbands taking an entire afternoon off to golf. In this way, Carter's invention was no different from the Ladies' Putting Club at St. Andrew's in Scotland, the precursor to the modern mini golf course.



Septemberfest

The confusing thing about the German celebration of Oktoberfest is that it begins in September! Five o'clock in the morning in Germany on September 16, to be exact.

While many consider Oktoberfest to be a 16-day-long beer festival, its roots have nothing to do with beer. The first Oktoberfest was held in Bavaria on October 12, 1810, on the occasion of the marriage of Crown Prince Ludwig to Princess Therese von Sachsen-Hildburghausen. It was so much fun that Oktoberfest became an annual celebration, yet it wasn't until 1818 that beer halls were added to the live music and horse racing. Then, in order to extend the celebration and take advantage of better weather, Oktoberfest was moved to September.

A Consequential Cup



While you may enjoy a morning cup of coffee every day, there is only one Coffee Day, and it's September 29. No other drink is as revered as coffee. After oil, coffee is the second-most sought after global commodity, with an estimated trade value of \$100 billion and employing a workforce of 25 million people. That's one powerful cup of morning joe.

The powerful jolt of caffeine that comes with a cup of coffee may be what makes it so special and sought after, but before coffee was served as a drink, it was eaten. Tribes in Africa supposedly mixed coffee berries with fat into edible energy balls. So, who made this discovery? Legend states that around 850 AD, an Ethiopian goatherder named Kaldi observed his goats acting strangely after eating the fruit of a certain bush. Kaldi knew his goats to be ill-tempered, but here they were frolicking and dancing like never before. Kaldi decided to try the berries, and he, too, felt a rush of energy. At that moment, edible coffee was discovered.

So who decided to brew it into a drink? Another legend tells of how a wandering monk observed Kaldi and his dancing goats. This monk, who had terrible trouble trying to stay awake during his prayers, tried the berries as a method to stay alert. Needless to say, that monk did not doze off. It was this resourceful monk who first dried the berries and boiled them into a beverage. Not only did it keep him awake and alert, but it tasted good, too. Soon, his fellow monks were drinking coffee and praying right alongside him.

While these legends may be fun to relate, coffee is still a serious business in Ethiopia and throughout the Middle East. Since drinking alcohol is forbidden amongst Muslims, coffee has always been the next best thing. In fact, the word *kahve*, from which we get our word *coffee*, means "wine of Arabia." Today, coffee's reach extends well beyond the Middle East, and if you're lucky, it even reaches as far as your own kitchen counter.



Appleseed Fact and Fiction

On September 26, 1774, John Chapman was born, yet the world would come to know him as Johnny Appleseed and memorialize his life work in fantastic tales. For this

reason, September 26 is Johnny Appleseed Day.

Unlike the fictional tall-tale characters Paul Bunyan and John Henry, Johnny Appleseed was a real man. His passion for apple trees began in his teenage years, when he got a job working in an apple orchard. While the popular image of Johnny Appleseed is that of a man wandering the continent spreading handfuls of apple seeds, Johnny Appleseed was far more deliberate in his plantings. The law of the frontier granted land rights to anyone who developed a homestead, and a nursery of 50 trees fit that definition. In this way, Johnny would raise his nursery and then sell the land to settlers. In this manner, Johnny Appleseed came to own over 1,200 acres over 100,000 square miles of frontier wilderness.

Furthermore, Johnny's apples weren't for eating. He planted the small, tart varieties of apples known as "spitters," because that's what you did when you tasted them. These were the perfect apples for making hard cider, which in Revolutionary America was a far more valuable commodity than edible apples. Water was considered unsafe for drinking due to harmful bacteria, whereas fermented, alcoholic cider was far safer. Sadly, during the Prohibition Era of the 1920s, many of Johnny Appleseed's original nurseries were axed, and the American tradition of cider making was decimated.

Despite the government's best efforts during Prohibition, the legacy of Johnny Appleseed lives on. The image of Johnny, barefoot and wearing threadbare clothes, is not fiction but fact. As a member of the New Church, he preached that nature and God were intertwined. As such, he lived a spare, nomadic life, loved animals, and was a vegetarian. But that tin pot on his head? It most likely sprang from the rumor that he wore a tin cloth hat that he used as a dinner plate.

Plenty to Appreciate

Flowers. Perfume. Jewelry. Clothing. These are just some of the ways you can show your wife you love her on Wife Appreciation Day, the third Sunday in September. But what do wives really want? Romance doesn't necessarily have to mean a \$100 bouquet. A surprise \$10 bouquet of flowers from the supermarket on a weeknight can sometimes be even more romantic. Another show of appreciation is to create a sweet routine. Does your wife like a cup of coffee in the morning?

Prepare it just the way she likes it and bring it to her. The advantage of being her husband is that you know things about her that no one else does. Is her cell phone on the verge of becoming obsolete?

Get her a new one. Does she hate doing the dishes? Step up and empty the dishwasher and then load all the dirty dishes. Not only are you being helpful but you're showing her that you are paying attention to her needs. Of course, if all else fails, there is absolutely nothing wrong with getting your wife jewelry and shoes. Just make sure it's jewelry and shoes that *she* wants, not that you want her to have.



September Birthdays

In astrology, those born from September 1–22 are Virgos.

Detail-oriented Virgos have a deep sense of humanity, a trait that makes them careful, tender, and practical. Since all that

attention to detail is put into the service of others, Virgos make perfect humanitarians. Those born between September 23–30 balance the scales of Libra. Libra epitomizes fairness and harmony in all dealings large and small. Sincere, beautiful, and romantic, Libra will work hard to keep all relationships on an even keel with boundless grace and charm.



If your income is below \$1,437*/month and one or more of these statements were TRUE for you in the last month...

1. The food I bought just didn't last and I didn't have money to buy more.
2. I couldn't afford to eat nutritious or balanced meals.
3. I cut the size of my meals to stretch my groceries.
4. I skipped meals because I couldn't afford to buy food.
5. I sometimes ate less food than I should because I didn't have enough.
6. I was hungry but didn't eat because I couldn't afford to buy food.

...Then you are eligible for

Groceries for Seniors

(A monthly free distribution of canned goods, shelf stable products and seasonal produce when available)



Friday, SEPTEMBER 8, 2017

1pm

**Frederick Senior Center
Drive-Thru**

please bring photo id to register

1440 Taney Avenue, Frederick, MD
www.FrederickCountyMD.gov/Aging
or 301.600.3523 for info

***For one person household. Add \$503/person for each additional household member.**



A Partnership of Frederick County Department of Aging, Western Maryland Food Bank and Seed of Life, Inc.

End of Summer Frederick Picnic

Tuesday, September 26th 11 am

Lunch, Cake Walk & Bingo /or

Movie: *Saving Mr. Banks* - Indoor

Reserve by 9/19

\$5

suggested meal contribution

Call 301-600-1048

Picnic Lunch

Traditional Fried Chicken

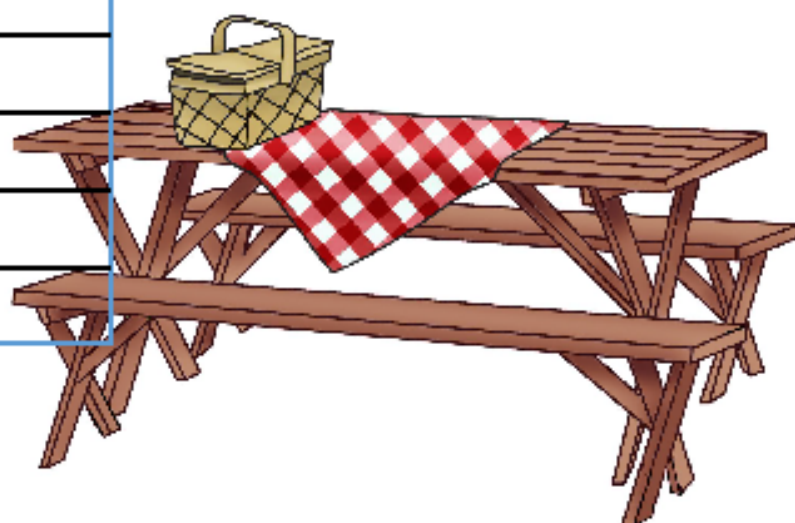
Potato Salad

Broccoli Salad

Watermelon

Assorted Beverages

Dessert



Frederick Senior Center 1440 Taney Ave, Frederick, MD



Circle of Friends Memory Café & More

A place for family, friends and fun.

When

Friday, Sept. 15, 2017

11:30 am

Where

Frederick County
Department of Aging
1440 Taney Avenue
Frederick, MD 21702

RSVP

Space is limited. Please
RSVP to 301-600-6001 or
caregiversupport@frederickcountymd.gov

In Partnership With

alzheimer's  association®



This program offers a safe and relaxed place where caregivers, the person for whom they care, families, friends, and health and social professionals come together to share a meal, friendship and activity.

Meetings are held the 3rd Friday of each month. Come for the activity, meal, or both. Complimentary lunch includes a selection of sandwiches, side dish, dessert and drinks. You also have the option of ordering food at your own expense from the Frederick Senior Center Café.

Join us in September



Lunch sponsored by



Activity sponsored by



Older Adult Volunteer Fair

Friday, September 22, 2017

9AM-Noon Visit with representatives of local organizations offering volunteer opportunities for older adults

- ◆ Free admission to fair
- ◆ Free parking
- ◆ Enter to win door prizes

Noon Lunch & Speaker (\$5 - by reservation only)

“Healthy Benefits of Volunteering”
Luncheon with Guest Speaker, Peter Lane
Director, Leadership and Volunteer Development
of National Assoc. of Area Agencies on Aging



RSVP and Pre-Pay for Luncheon by September 13th

Reservations taken @ Department of Aging
1440 Taney Avenue 301-600-1605
eStore: <http://tinyurl.com/ycf9ow9q>

TV Trivia (Questions with Answers)

1. What decade is called "The Golden Age of Television"? It was the decade when TV programming veered away from typical radio-turned-TV programming.

Answer: 1950s. The decade was defined by dramas, game shows, soap operas, variety TV, and westerns.

2. Who closed her TV variety show by tugging at her earlobe?

Answer: Carol Burnett. Her tug was a message to her grandmother. The show appeared to be a live broadcast, but each episode was taped twice.

3. What 1950s TV sitcom featured the Cleaver family as the all-American family?

Answer: **Leave It to Beaver.** Beaver's first name was Theodore.

4. During what decade did color TV broadcasting explode?

Answer: 1960s. The FCC approved the standards for color-TV in 1953, but adoption was slow.

5. What 1950s TV legal drama starred Raymond Burr, Barbara Hale, and William Hopper?

Answer: **Perry Mason.** William Hopper, who played Paul Drake, was Hedda Hopper's son. Because of the interesting courtroom twists and turns in the show, attorneys today refer to these events as "Perry Mason moments."

6. What game show with the title that asked you to bet something big did Groucho Marx host?

Answer: **You Bet Your Life.** You might remember Groucho's brothers, Harpo, Chico, Gummo, and Zeppo.

7. What does BBC stand for?

Answer: British Broadcasting Corporation. Did you know residents in the United Kingdom have to pay an annual TV license to help fund the BBC?

8. What Sunday-night variety show was billed as "A Really Big Shew"?

Answer: **The Ed Sullivan Show.** The Beatles made their first American appearance on the show.

9. What musical show was hosted by Dick Clark from 1956 to 1989?

Answer: **American Bandstand.** Clark also hosted *Dick Clark's New Year's Rockin' Eve*.

10. What show starred June Lockhart, Jon Provost, and a collie?

Answer: **Lassie.** Cloris Leachman played Ruth Martin before June Lockhart did.

11. What police show started on radio and starred Jack Webb in the role of Sgt. Joe Friday in both versions?

Answer: **Dragnet.** Viewers used to send crime tips to Webb, and he made one of them into the episode "The Note."



12. What classic 1950s TV sitcom featured a zany redhead, her Cuban performer husband, and their landlord and his wife?

Answer: I Love Lucy. The show was taped live from beginning to end in front of a 300-member studio audience. Rumors surfaced that Lucille Ball and Vivian Vance didn't get along well during the first few seasons.



13. What radio-turned-TV show featured the cigar-chomping host asking the other host to say goodnight at the end of every show?

Answer: The George Burns and Gracie Allen Show. The dialogue was:

George Burns: "Say goodnight, Gracie."

Gracie Allen: "Goodnight."

(She did not say, "Goodnight, Gracie," as is often recounted.)

14. What is Canada's major public TV network?

Answer: CBC, or Canadian Broadcast Corporation. It operates regional and national programming.

15. What type of TV stations require subscribers to pay for programming?

Answer: Cable. Subscribers are canceling cable TV (also called "cutting the cord") at an alarming rate because they are subscribing to streaming Internet channels such as Netflix and Amazon Prime.

16. What is the name of the public TV network in the United States?

Answer: PBS, or Public Broadcasting Service. Its radio counterpart is NPR, or National Public Radio.

17. What mid-1960s TV sitcom featured a genie who lived in a bottle in her master's home?

Answer: I Dream of Jeannie. The show was NBC's counterpunch to CBS's *Bewitched*. Jeannie and her astronaut-master married in the final season.

18. What 1950s big-money game show would net a contestant a six-figure take-home pay for answering questions correctly?

Answer: The \$64,000 Question. The show was so popular that, according to PBS, "The crime rate dropped around the 10 P.M. air time, as did the number of long-distance telephone calls."

19. Name one of the two co-hosts who appeared in all 140 episodes of *Your Show of Shows*.

Answer: Sid Caesar or Imogene Coca. Carl Reiner occasionally appeared on the show and used its sketches as the basis for some of the material he wrote for *The Dick Van Dyke Show*.

20. What 1960s TV sitcom featured the characters Uncle Joe, Sam Drucker, Betty Jo, Billie Jo, and Kate Bradley and was set in Hooterville or, as Eva Gabor (Lisa Douglas in *Green Acres*) would say, "Hootersville"?

Answer: Petticoat Junction. The Sam Drucker character appeared on three shows: **Petticoat Junction, Green Acres, and The Beverly Hillbillies.**

21. What was the address on Sunset Strip where actors Efrem Zimbalist Jr. and Roger Smith ran their detective agency on an ABC TV show?

Answer: 77. Don't go looking for 77 Sunset Strip because there is no such address.

22. What early science-fiction show was created and narrated by Rod Serling?

Answer: **The Twilight Zone.** Several *Star Trek* actors, including William Shatner and Leonard Nimoy, appeared in episodes.

23. What actor appeared in *Maverick* before starring in *The Rockford Files*?

Answer: James Garner. He earned four Purple Hearts during the Korean War.

24. What network is called "The Tiffany Network"?

Answer: CBS. The moniker refers to its high-quality programming.

25. What 1960s TV show chronicled two adventurers in a Corvette who traveled along a famed American highway?

Answer: **Route 66.** The series explored the changing culture of the 1960s.

26. What was the hit TV sitcom of the 1990s nicknamed "The Show About Nothing" that bore the name of the star of the show who was also one of its creators?

Answer: **Seinfeld.** The show popularized the expression "yada, yada, yada" in the "Yada Yada" episode, though variants of the phrase date back to World War II.

27. What is the name of the cable network dedicated to home design, renovation, and decoration and carries the *House Hunters* franchise?

Answer: HGTV. The network's parent company also owns DIY Network, Food Network, Cooking Channel, Travel Channel, and Great American Country.

28. What hilarious, early reality show hosted by Allen Funt and Durward Kirby played practical jokes on people and then told them to "Smile, you're on [this show]"?

Answer: **Candid Camera.** The show was briefly revived in 2014, and one of the hosts was Peter Funt, Allen Funt's son.

29. What cable news network was founded by Ted Turner in the 1980s?

Answer: CNN, or Cable News Network. It was the first 24-hour cable news network. It's been nicknamed many things over the years, but it was originally dubbed the "Chicken Noodle Network."

30. What does HBO stand for?

Answer: Home Box Office. Today, HBO is available as a stand-alone, streaming Internet service for those who do not want to subscribe to cable TV.



Food for Thought: Apple Cider – The Hard Facts

Apple juice is a favorite drink of children far and wide. However, apple cider, with its alcoholic nature, is more often reserved for adults. Did you ever wonder about the similarities and differences between the two? Were you aware of the long and interesting history of apple cider? And were you ever curious about how each is made? Well, wonder no more because we have the answers.



Getting Started

To make this activity more interactive and fun, bring in a selection of apple juices and ciders for participants to sample.

What is the difference?

Whereas apple juice and apple cider are both fruit beverages made from apples, there are a number of important differences:

Apple juice:

- is made from the juice of the apple that has been filtered to remove any pulp or sediment.
- is made by adding water to apple concentrate.
- is always pasteurized.
- is vacuum sealed and remains stable, so unopened bottles can be stored unrefrigerated.

Apple cider:

- is made from apples pressed into raw juice.
- is not filtered and so contains coarse particles of pulp and sediment.
- is not pasteurized.
- ferments over time and becomes fizzy and alcoholic.
- must be refrigerated because it is perishable. It can remain sweet and unfermented for up to two weeks. It can also be frozen.

What is the history?

Apple cider has a long and interesting history. When the Romans arrived in England around 55 BC, they discovered the villagers living there were drinking a beverage made from apples. The Romans found it to be delicious and passed it on to their leader, Julius Caesar, who wholeheartedly agreed.

The drink caught on, and by the beginning of the ninth century, much of Europe was enjoying apple cider. Orchards were established for the sole purpose of producing cider apples, and during medieval times, cider making was an important industry. By the mid-17th century, almost every farm included a cider orchard and press. The industry went into a decline after that due to major agricultural changes, but cider began to regain its popularity during the 20th century.

Countries such as France, Spain, and England long ago adopted the alcoholic form of apple cider as a cultural standard. In Colonial America, the settlers brought seeds for cider apples with them.

The apple orchards became plentiful, and with barley and other beer grains difficult to cultivate in the New England soil, hard cider became the drink of choice. And with John Chapman's dedication to the planting of apple seeds, the consumption of cider steadily increased. By the mid-18th century, the average person living in Massachusetts consumed 35 gallons of cider every year.

But then, a series of things caused cider's popularity to wane. German immigrants introduced their beer and set up large breweries capable of producing vast quantities of it. Then along came Prohibition, and a near-fatal blow was delivered to the cider industry. The good news is that over the last few years hard cider has gained popularity and is now available in stores and restaurants as a refreshing alternative to beer and other alcoholic drinks.

How is apple cider made?

Now that we've whet your thirst, here's a brief lesson on how commercial apple cider is made:

1. The process begins with a variety of apples.
2. They are placed in a machine that cleans them as they are spun.
3. The apples are transferred onto a conveyor belt.
4. They are then ground into a mash resembling the consistency of applesauce.
5. The mash is then pumped through a tube onto cloth and rack.
6. The mash is wrapped in layers of cloth and stacked on wooden racks.
7. The press squeezes the juice out into a vat.
8. The juice is kept in refrigerated tanks until ready for bottling.

Fall is the time when we especially think of hot apple cider. What better way to warm up a crisp autumn night than with a steaming mug of fragrant cider? But, if you're interested in cider with an extra kick, you might want to try applejack cider. This spiked version, which is even stronger than hard cider, has been around for as long as cider and was so popular it was even used as currency in colonial times.



Did You Know?

1. Who shot an apple from his son's head with a bow and arrow on the day that is now recognized as National Apple Cider Day?

Answer: William Tell

2. When is National Apple Cider Day?

Answer: November 18. Apparently, this date in 1307 was the day William Tell shot the apple off his son's head, and it has been a cause for celebration ever since.

3. What is the name of the man who planted apple seeds in large parts of Pennsylvania, Ohio, Indiana, Illinois, Ontario, and northern West Virginia?

Answer: John Chapman, better known as Johnny Appleseed. The apples he planted were not meant for eating. They were small and tart and known as "spitters." (If you took a bite, you'd most likely spit it out.) They were, however, ideal for making hard cider and applejack, a much more valuable crop than edible apples.

4. About how many apples does it take to make one gallon of apple cider?

Answer: About one-third of a bushel, or 36 to 42 apples

5. In the 14th century, apple cider was used to perform what religious rite for children?

Answer: Children were baptized in cider because it was believed to be cleaner than water.

6. What early U.S. president drank a tankard of cider every morning because he believed it kept him healthy?

Answer: John Adams. He lived to be 90, so it must have worked. He is the third-longest living president. Only Ford and Reagan lived longer.

7. What movement almost killed the cider business?

Answer: The Temperance Movement. During Prohibition, many farmers destroyed their "demon orchards," only sparing the trees used for sweet apple juice. Cider production reportedly fell by some 76 percent.

8. What popular product is made from apple cider?

Answer: Apple cider vinegar. It has many uses and is recognized as a natural health remedy.

Some of its reported benefits include promoting weight loss, lowering blood sugar levels, fighting bacteria, lowering cholesterol, and maybe even helping to protect against cancer.

9. What is *wassailing*, and what does it have to do with apple cider?

Answer: It's an old English custom used to appease the gods of the apple trees, to ensure healthy crops. People put a jug of cider or toast soaked in cider on the biggest of the apple trees and then sang a song or chanted. Then banging on kettles and blowing horns would follow to chase away any remaining evil spirits.

10. Which early U.S. president was an Illinois tavern owner, bartender, and cider provider prior to taking office?

Answer: Abraham Lincoln owned and operated the tavern "Berry & Lincoln" in New Salem,



Sweet Apple Crisp

A diabetic-friendly recipe

Ingredients:

- Cooking spray
- 1/4 cup plus two tablespoons Truvia or equivalent sweetener of choice, divided
- 1 teaspoon cinnamon
- 1/4 teaspoon salt
- 4 baking apples, peeled, cored, and sliced thin
- 1/4 cup water
- 3/4 cup oats
- 4 teaspoons butter, melted
- Sugar-free whipped topping



Directions

1. Preheat oven to 350°F. Spray an 8 X 8-inch baking pan with cooking spray.
2. Combine 1/4 cup Truvia or sweetener of choice, cinnamon, and salt in a large bowl. Add apples and toss to coat completely.
3. Pour water into the prepared baking pan. Spoon in apple mixture.
4. Combine oats, 2 tablespoons Truvia, and melted butter in a small bowl. Sprinkle evenly over apples.
5. Bake 30–40 minutes until top is golden and apples are tender.
6. Serve immediately with whipped topping.

Makes 6–8 servings

To make a recipe card, print on card stock paper. Cut out along dotted lines. Glue the front and back of the card together.

make half your grains whole



10 tips to help you eat whole grains

Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples. Grains are divided into two subgroups, **whole grains** and **refined grains**. Whole grains contain the entire grain kernel—the bran, germ, and endosperm. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases.

1 make simple switches

To make half your grains whole grains, substitute a whole-grain product for a refined-grain product. For example, eat 100% whole-wheat bread or bagels instead of white bread or bagels, or brown rice instead of white rice.



2 whole grains can be healthy snacks



Popcorn, a whole grain, can be a healthy snack. Make it with little or no added salt or butter.

Also, try 100% whole-wheat or rye crackers.

3 save some time

Cook extra bulgur or barley when you have time. Freeze half to heat and serve later as a quick side dish.

4 mix it up with whole grains

Use whole grains in mixed dishes, such as barley in vegetable soups or stews and bulgur wheat in casseroles or stir-fries. Try a quinoa salad or pilaf.

5 try whole-wheat versions

For a change, try brown rice or whole-wheat pasta. Try brown rice stuffing in baked green peppers or tomatoes, and whole-wheat macaroni in macaroni and cheese.



6 bake up some whole-grain goodness

Experiment by substituting buckwheat, millet, or oat flour for up to half of the flour in pancake, waffle, muffin, or other flour-based recipes. They may need a bit more leavening in order to rise.

7 be a good role model for children

Set a good example for children by serving and eating whole grains every day with meals or as snacks.

8 check the label for fiber

Use the Nutrition Facts label to check the fiber content of whole-grain foods. Good sources of fiber contain 10% to 19% of the Daily Value; excellent sources contain 20% or more.



9 know what to look for on the ingredients list

Read the ingredients list and choose products that name a whole-grain ingredient **first** on the list. Look for "whole wheat," "brown rice," "bulgur," "buckwheat," "oatmeal," "whole-grain cornmeal," "whole oats," "whole rye," or "wild rice."

10 be a smart shopper

The color of a food is not an indication that it is a whole-grain food. Foods labeled as "multi-grain," "stone-ground," "100% wheat," "cracked wheat," "seven-grain," or "bran" are usually not 100% whole-grain products, and may not contain any whole grain.



Starting the Day with a Healthy Breakfast

This month's wellness program is about starting the day out right with a healthy breakfast. Often called the most important meal of the day, breakfast helps fuel the body and mind to be able to power through the day. So, if you're one of the people who routinely skips breakfast, you might want to pay attention.

- ◇ Bring in some breakfast foods to serve as a breakfast, brunch, or snack. For instance: assorted cereals, fruit, or yogurt.
- ◇ You could also make smoothies.



Introduction

"Breakfast is the most important meal of the day."

That's what your mother told you, and you probably told it to your children and maybe even your grandchildren. And you know what? It's true! Now, this is not the first time that it has taken science a while to catch up to the commonsense wisdom of thoughtful parents, but recent studies conducted throughout the world all confirm the importance of a healthy breakfast for everyone—not just growing children. Particularly for people over 60, starting the day with a nutritious meal can help fight fatigue and malnutrition, regulate metabolism and appetite, and provide a boost of energy after eight or more hours without food. Starting the day with a healthy breakfast can help you feel better and function better all day long.

No Need to Forgo the Joe

If you're among the 69 percent of Americans over 60 who enjoy coffee with breakfast, you can pour your next cup knowing that coffee, when consumed in moderation, can improve memory and motor skills.



Research done in Sweden and Finland in 2009 found that people over 60 who drank three cups of coffee a day were 65 percent less likely to develop Alzheimer's disease or dementia. A study done at the Harvard School of Public Health found a consistent link between people who drink coffee and a decreased incidence of Parkinson's disease. In addition, the antioxidants and vitamins found in coffee are considered excellent antidepressants and memory and performance enhancers.

Remember, these studies are based on black coffee or coffee with minimal amounts of cream and sugar. Unfortunately, the sugar and fat content of heavily sweetened, flavored coffeehouse specialties negates any health benefit of the coffee itself. Keep in mind, as well, that in large quantities, the caffeine in coffee can raise your blood pressure and the acid may upset your stomach. But as long as your doctor doesn't tell you otherwise, go ahead and have a second cup.

Discussion Starters

- Some people consider breakfast their favorite meal of the day and prefer to join friends or family for breakfast in a restaurant rather than lunch. Are you a breakfast lover? Describe your favorite healthy breakfast.
- “Coffee will stunt your growth” was a popular old wives’ tale that kept many parents from allowing their young children to drink coffee. How old were you when you started drinking coffee? Did you like it the first time you tried it?
- This discussion about coffee at breakfast cites information from several scientific studies. Are you likely to change your behavior based on information from one of these studies? For example, would you stop drinking coffee if a study showed that it was harmful? Why or why not?

The Basics of a Healthy Breakfast

OK, you’ve had your coffee, but don’t stop there. A cup of coffee *does not* constitute a complete and healthy breakfast. What does? It’s not complicated, nor does it always require a lot of cooking. Most nutritionists consider a meal that includes whole-grain carbohydrates, fruit, and a high-protein or dairy source to be complete and healthy. Eating this type of breakfast provides calcium, iron, and B vitamins as well as protein and fiber. Recent research has shown that if these essential nutrients are missed at breakfast, they are less likely to be made up at meals later in the day. Here are a few easy, healthy breakfast suggestions.



- High-fiber, multigrain, cold cereal with a banana and low-fat milk.
- Whole-wheat toast with fruit spread—not sugary jam—and a cup of low-fat Greek yogurt.
- Oatmeal with walnuts and blueberries and a poached or hard-boiled egg.
- Whole-wheat roll, an orange, and a scrambled egg.
- Whole-grain waffle, toasted and topped with sliced fresh strawberries and low-fat cottage cheese.
- A smoothie made with Greek yogurt, fresh or unsweetened frozen fruit, and a bit of milk.

Feed your Brain

A healthy breakfast sharpens your focus and makes it easier for you to answer fun questions like these:

1. What percentage of Americans skip breakfast?

- A. 38% B. 47% C. 58% D. 75%

Answer: C. 58 percent of Americans skip breakfast.

2. Some people drink soda for breakfast! What percentage of all the carbonated cola beverages sold in the United States is consumed with or instead of breakfast?

- A. 5% B. 12% C. 15% D. 25%

Answer: B. About 12 percent of cola beverages is consumed with or instead of breakfast.

3. Which cold breakfast cereal was known as “the breakfast of champions”?

Answer: Wheaties was the breakfast of champions.

4. Charles Post founded the Post Cereal Company. What were his cornflakes called?

Answer: Post cornflakes were called Post Toasties.

5. What meal do Hobbits eat after they’ve had first breakfast but before they eat elevenses?

Answer: Hobbits eat second breakfast.

6. True or false? The older you are, the more likely you are to eat breakfast.

Answer: True! According to a poll conducted by ABC News, about 83 percent of seniors eat

7. What is the most popular breakfast food among American adults of all ages?

Answer: While not always the most nutritious choice, cold cereal is the most popular one.

8. Some people eat leftovers from the previous day's dinner for breakfast. What's the most popular leftover food eaten for breakfast in the United States?

Answer: Believe it or not, it's cold pizza.

9. In 19th-century rural America, a food we now consider only for dessert was routinely served with breakfast. What was it?

Answer: Fruit pie was considered part of a hearty breakfast for those with a full day of physical labor ahead.

10. What Michigan town is known as "cereal city"?

Answer: Battle Creek, Michigan. It is home to Kellogg's, Post, and Ralston.

Benefits of a Healthy Breakfast

Eating a nutritious breakfast that contains one-quarter to one-third of the calories you'll eat all day is recommended. And it should be eaten within two hours of waking. Why? Because breakfast restores glucose levels that have fallen overnight, and glucose is essential for brain function and cognitive alertness. A healthy breakfast can also improve your mood and lower stress levels.



While some people are trying to maintain a healthy weight or even lose a little, other seniors suffer from a lack of appetite or slowing metabolism and have difficulty maintaining their weight. The good news is that eating a healthy breakfast can help with both situations. Scientists have found that people over 60 who eat a healthy breakfast every day are less likely to overeat at other meals and become overweight or obese. And they have a lower risk of type 2 diabetes.

Seniors who have trouble keeping a healthy weight find that eating breakfast helps regulate blood sugar, gives them more energy, and even strengthens their immune system. If you find you don't have much of an appetite in the morning, start with a small but healthy meal. An easy-to-make, easy-to-drink smoothie might be the perfect answer.

In addition, eating a healthy breakfast can help lower LDL cholesterol—the "bad" cholesterol. How? It's simple. Skipping breakfast sets off a chain reaction in your body:

- First, without proper fuel, your metabolism slows down.
- Second, fat is stored longer in your body.
- Third, you are extra hungry, so you have a tendency to overeat at your next meal.
- Fourth, as you gain weight, your LDL cholesterol goes up.

Discussion Starters

- Any healthy foods can be eaten for breakfast. What's your favorite nontraditional breakfast?
- If you've traveled to different countries, share some of the unusual things you've eaten for breakfast in a foreign country.
- "Eat breakfast like a king, eat lunch like a prince, and eat dinner like a pauper." Nutritionists say there's some truth to this old saying. It's healthier to eat your most nutrient-dense meal for breakfast rather than in the evening. Do you agree? Why or why not?

Brown Bag Tree Centerpiece

Grace tabletops with a colorful fall tree made from a brown paper lunch bag.

You will need:

- 5" X 11" brown paper lunch bag
- 5" X 3" index card
- Tissue paper (assortment of fall colors)
- Spanish moss
- 4" clay flowerpot
- Raffia
- (Optional) 1" circle paper punch
- Scissors
- Elmer's glue or Aleene's Tacky Glue



Directions:

1. Open the lunch bag and place an index card in the bottom. This will add support for the tree.



2. With the bag closed, cut four strips measuring about 1 1/4" X 7 1/2". The cuts should start at the top of the bag.

3. Cut each strip into three thinner strips as shown on the previous page. After all the strips have been cut, open the bag.

4. To make the trunk, twist all the strips together as shown in the left-hand photo below. The trunk should be about 2 1/2" tall.



5. Divide the strips above the trunk into three sections and twist to make branches as shown above.

6. Divide the strips on each branch into three sections and twist to make smaller branches as shown above.

7. Divide the strips at the end of the smaller branches into two sections and twist to make twigs as shown below.

8.

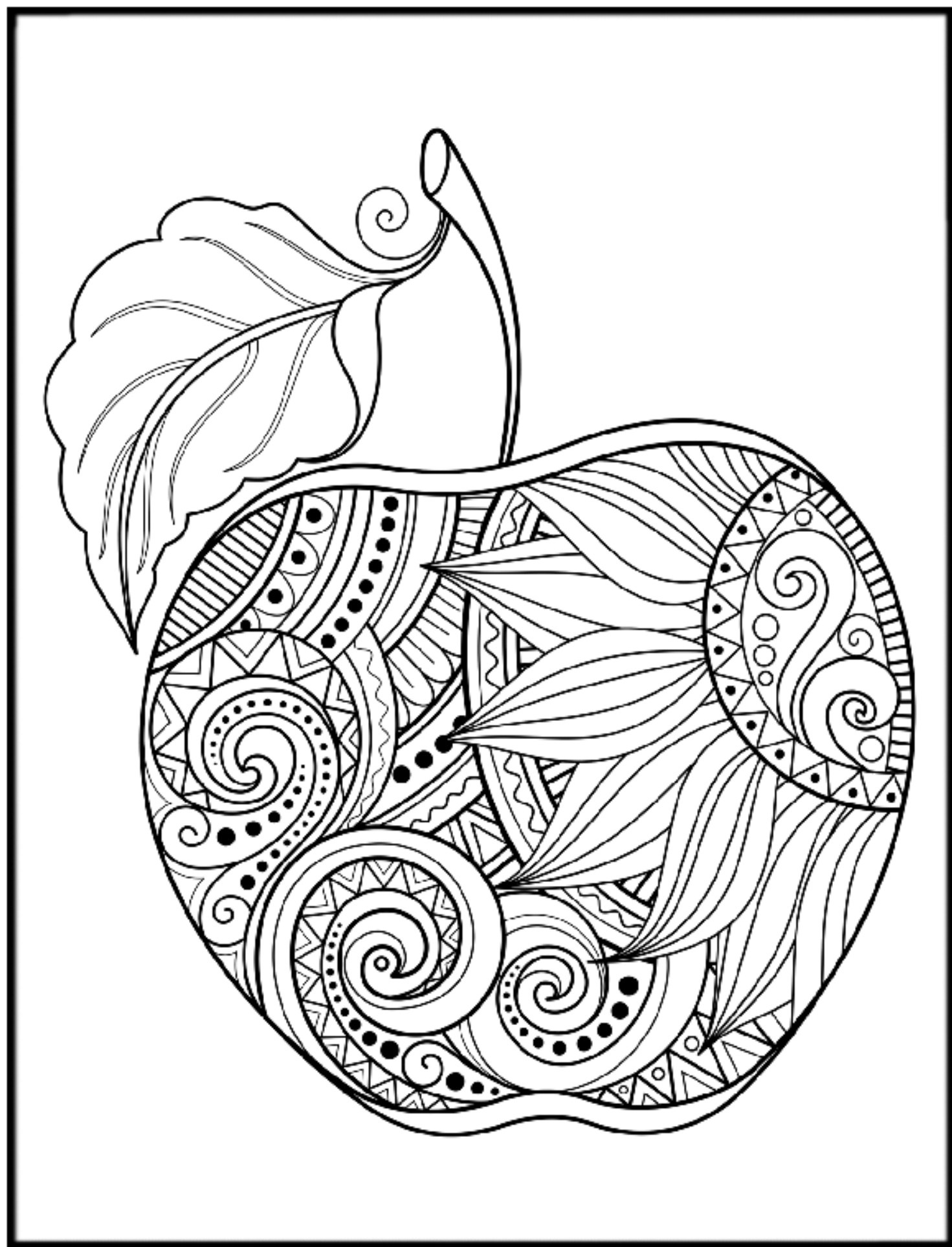


Wedge the base of the tree into the top of the pot and cover with Spanish moss.

9. Cut out (or use an optional 1" hole punch) to make 1" circles from an assortment of colorful tissue paper. As an alternative, tear small 1" pieces.

10. Glue the tissue paper leaves to the tree as shown.

11. Sprinkle some "leaves" on top of the Spanish moss and tie a raffia bow around the pot.



Preserving Fall Foliage

There are several ways to preserve those beautiful autumn leaves. Here are directions for three popular methods.

Wax Paper Pressing Method

One of the most common ways to preserve leaves is by pressing them between wax paper.

1. Place a leaf between two pieces of wax paper.
2. Put a towel or a piece of thick paper over the wax paper.
3. Press on the towel or paper with a warm iron to seal the wax sheets together. This takes about 2–5 minutes on each side, depending on how moist the leaf is. Once you have finished one side, flip the leaf over and do the other side. **Note:** Avoid scorching the leaf by keeping the iron moving at all times.
4. Cut around the leaf, leaving a small margin of wax paper to ensure that it will stay sealed.
5. (Optional) Rather than cutting out the leaves, try peeling off the wax paper, leaving a coat of wax behind for protection. Try this on one leaf first to see if you prefer this method.



Glycerin Method

One method is to put the leaves in a glycerin/water solution. This will preserve the leaves and leave them relatively supple and pliable rather than brittle, as with traditionally dried leaves. This preserving method works because the natural moisture present in the leaves is replaced by the glycerin solution, maintaining the leaf's texture and form.

1. Mix the glycerin and water so that it is one part glycerin and two parts water. (You can find glycerin at drugstores, big box stores, and craft stores.)
2. Pour the solution into a flat pan, place the leaves in the solution, and then put weight on the leaves to keep them submerged. **Tip:** Try placing a Styrofoam or other disposable plate on top of the leaves and put a weight on top of the plate.
3. Keep the leaves submerged in the solution for 2–6 days.
4. Dry the leaves gently with a paper towel.

Microwave Method

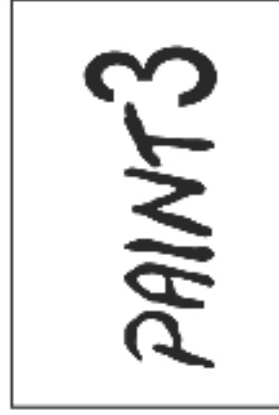
Thanks to everyday technology, there is another way to preserve autumn leaves. This method requires using a microwave, but you have to pay close attention.

1. Arrange a single layer of leaves on top of two paper towels. Cover the leaves with another paper towel.
2. Microwave the leaves for 30–180 seconds. **Activity Alert:** Be very attentive and careful. Leaves that are cooked in the microwave too long can begin to burn. The drier the leaves, the less time they will need. Leaves that curl after removal from the microwave have not been in long enough. Leaves that are scorched have been in too long. Only dry them for a few seconds at a time.
3. Let the leaves sit for a day or two. Then finish by spraying an acrylic sealant (such as Krylon Crystal Clear) on both sides of the leaves.

Use the leaves for fall craft and decorating projects.

Wacky Wordies

Each of the puzzles below provides a visual representation of a common word or phrase.
Can you decipher the clues in each puzzle box?



1. _____



2. _____



3. _____



4. _____



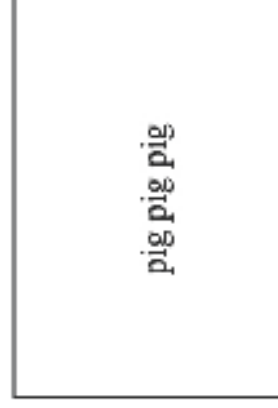
5. _____



6. _____



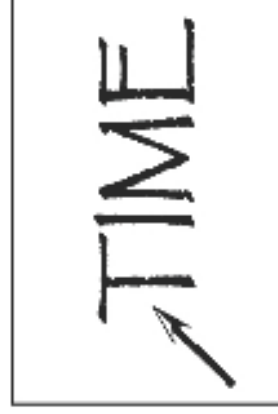
7. _____



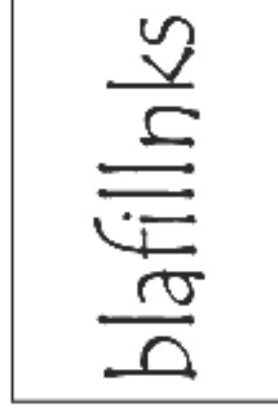
8. _____



9. _____



10. _____



11. _____



12. _____

Fall Harvest

Answer the clues and then find the answers in the puzzle. Search vertically, horizontally, diagonally, forward, and backward.



Y	Z	M	G	U	H	F	U	W	S	Z	X
E	K	A	R	O	A	L	O	C	P	Z	J
A	V	R	A	R	U	R	F	T	O	Y	Q
P	G	Z	M	G	C	R	O	A	R	I	O
P	V	E	Z	E	P	S	D	E	C	H	Z
L	R	P	R	O	D	U	C	E	V	V	D
E	T	A	N	X	F	B	M	S	V	L	C
S	C	A	O	T	A	T	O	P	E	H	O
S	U	Z	E	X	R	C	L	I	K	X	R
Z	I	E	O	H	N	O	F	L	U	I	N
A	C	O	R	N	W	E	R	N	F	A	N
A	T	V	K	F	I	X	G	T	U	K	D

Squirrel treat _____

Granny Smiths _____

Maize _____

Farm yield _____

Old MacDonald _____

Pasture _____

Squash, for one _____

Earth mover _____

Spud _____

Fruit and veggies _____

It's carved in October _____

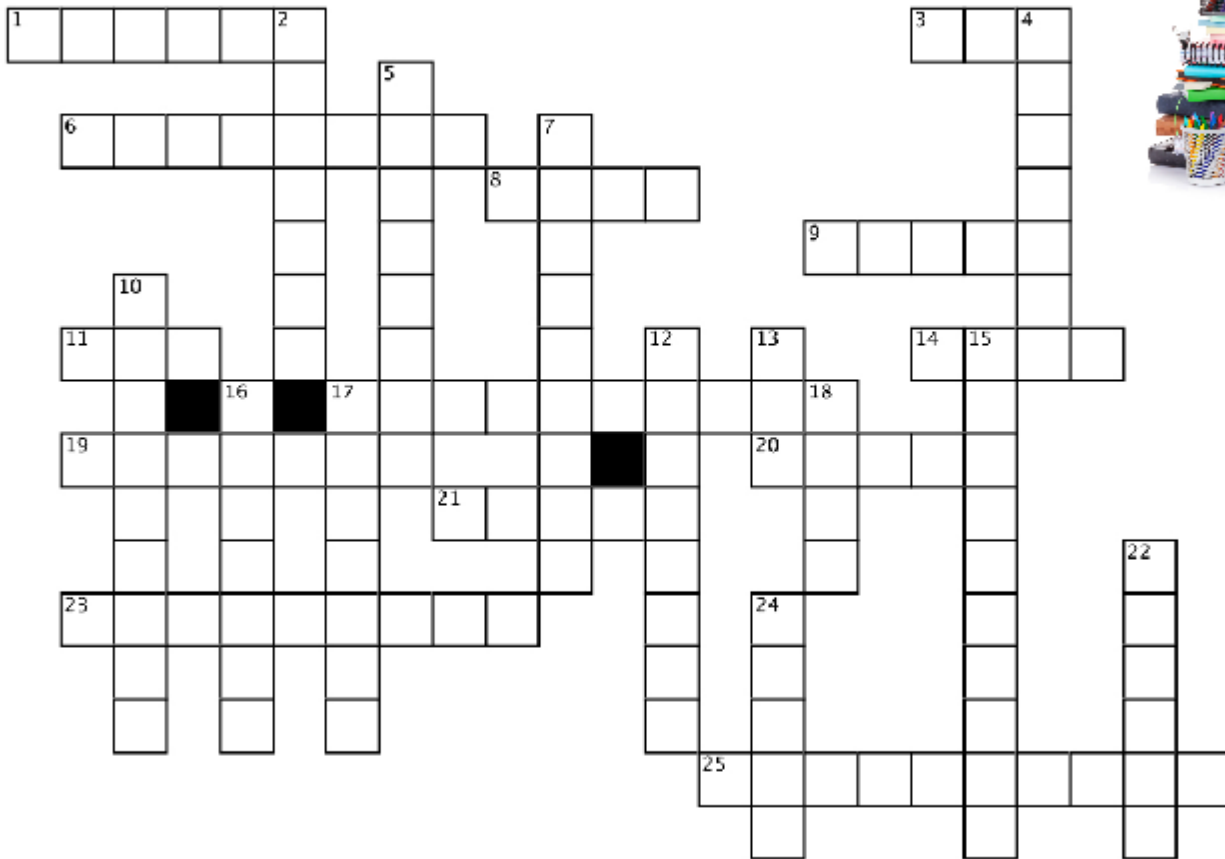
Tool with teeth _____

Field guardian _____

Bread grain _____

School Time

Use the clues to fill in the crossword.



ACROSS

1. Educational institution
3. School vehicle
6. Student's binder
8. Activity group
9. Geography class aid
11. Atlas feature
14. Algebra or trig
17. Student's grade list
19. Instructor
20. Quizzes
21. Library items
23. School VIP
25. Skill in handwriting

DOWN

2. Collection of books
4. School attendee
5. PC or Mac
7. Place for a blackboard
10. Lunchroom
12. Cutting instrument
13. Illustrations and paintings
15. School project
16. School fair subject
17. Grade school focus
18. Classroom furniture
22. Writing tool
24. Measuring tool

Grandparents Day Detective



Grandparents Day Detective

Search for the items in bold.

Junior went to Nana and Papa's house for a sleepover Saturday night,
Hauling goodies and gifts to celebrate Grandparents Day just right.

Packed in a **lunch box**, a stash of **3 apples**, **3 boxes of raisins**, and **3 cookies** with chocolate chips; For a Sunday picnic on a **tablecloth** were **corn chips** and **3 cans of soda** added to the mix.

2 paper hearts were made with **scissors** and **4 markers** before bed on Grandparents Day Eve.

Then Junior read a **book** before drifting off and dreaming of more surprises he had up his sleeve.

Early in the morning, a **spool of ribbon** was used to finish wrapping a **present** before sunrise
And then placed on top of a special edition of **Grand magazine** for cool old folks so hip and wise.

When Nana and Papa woke up, their grand little pal exclaimed, "Happy Grandparents Day!"

While sharing a **baseball** and **bottle of bubbles** as he asked them to go outside and play.

"Hold on little fella," said Papa with a stretch and yawn.

Then Nana suggested they eat breakfast first since it was the crack of dawn.

As gifts were unwrapped and breakfast finished, a memory box was set on the table.

Junior found a **Polaroid** of baby Nana and **3 photos** of him from his last Grand-time in April.

Excited to make more memories playing and eating lunch in the woods,
Junior shared the love in his heart, the smile on his face, and an armful of picnicking goods.

Cathy's Corner

September, school's open, pools close, time for the FAIR and other fall festivities. It is a beautiful time of year to plan outdoors activities, visit your local farmers market, apple orchard.

This edition should evoke some fond memories of days gone by, harken back to some of our favorite old television shows. Look them up on TV Land or COZI TV or visit your local library they probably have them on DVD, gather some friends around and pop some popcorn.

Enjoy!

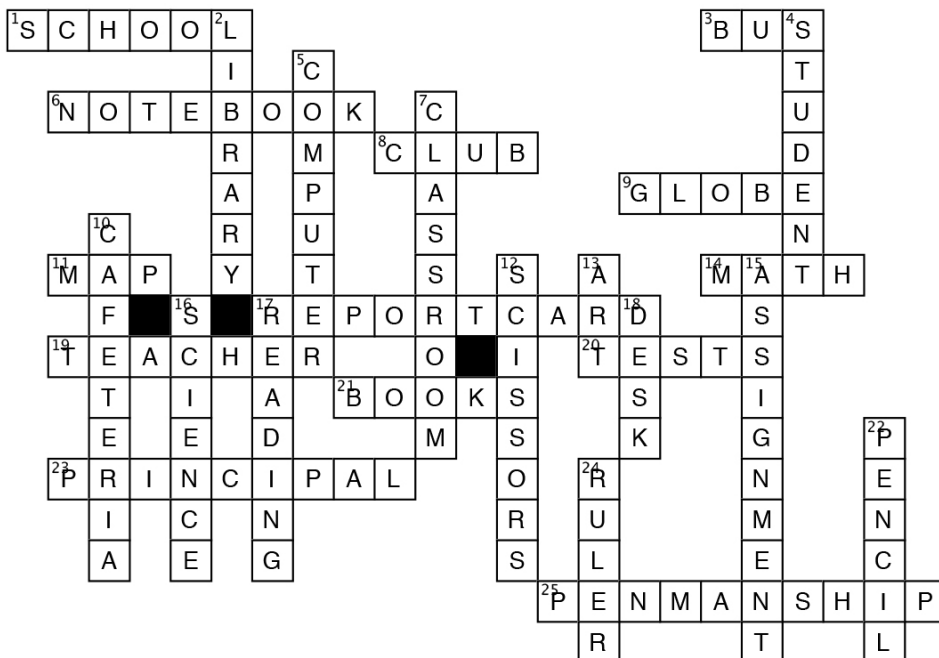


Fall Harvest Solution

- ACORN
- CORN
- FARMER
- GOURD
- POTATO
- PUMPKIN
- SCARECROW
- APPLES
- CROPS
- FIELD
- PLOW
- PRODUCE
- RAKE
- WHEAT

Cathy Barnes

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Wacky Wordies

(solutions)

1. Paint by number
2. Backed into a corner
3. Too little too late
4. Back off
5. Tall tales
6. Square dance
7. Worldwide web
8. Three little pigs
9. Big fish in a small pond
10. The beginning of time
11. Fill in the blanks
12. Apply within